So Polite

"She hasn't any cause to be snip py with me. The last time I saw her I'm sure I did the politest thing ! could."

What did you do?"

"We were on a car and when s man offered me a seat I said to her: 'You take it, dear; you're the older.'

Deafness Cannot Be Cured

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COMMON PHRASE.



"Something hard to beat."

WRITER OF REAL TALENT.

Evidently the Bushby Clarion Had # Genius on Its Staff.

The editor of the Bushby Clarion leaned back in his chair and surveyed his visitor with a solemn and unwinking gaze. "You want to know if there's any good reporter in this town?" he said, impressively. "Well, there is. There's Gid Hobart."

"What sort of work can he do?" asked the visitor.

"His capabilities haven't had their full chance yet," said the editor, slowly, "but he's getting on, and I'm afraid we shall lose him before long. Why, last week that fellow wrote a two column account of a fire that was thrilling, I tell you!"

Farmhouse, old mother, grandfather born there, and so forth, I suppose?" said the visitor.

"No, sir!" said the editor. "It was a described hen-house, that's what it was. I can tell you, that takes talent! We can't expect to keep Gld with us always."-Youth's Companion.

DR. TALKS OF FOOD

Pres. of Board of Health.

"What shall I cat?" in the daily inquiry the physician is met with. I do not hesitate to say that in my judge ment a large percentage of disease is caused by poorly selected and improperly prepared food. My personal expe rience with the fully-cooked food known as Grape-Nats, enables me to speak freely of its merits.

"From overwork, I nuffered several years with malnutrities, palpitation of the heart and loss of sleep. Last summer I was led to experiment personally with the new food, which I used in conjunction with good rich cow's milk. In a short time after I commenced its use, the disagresable symp toms disappeared, my heart's action became atendy and sormal, the functions of the stumach were properly carried out and I again slept as sound by and as well as in my youth.

"I look upon Grape Nuta as a perfeet food, and no one can minsay but that it has a most prominent place in a rational, scientific system of feed ing. Any one who mee this food will soon be convinced of the soundness of factured and may thereby know the facts as to its true worth." Read "The Road to Wellville," in pigs. "There's ii Remnon."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human, interest

CHICKEN IN NEW STYLES.

Try the Fowl Stewed with Cocoanut or with Dough.

Chicken with Cocoanut.-Stew a chicken and remove the bones. Grate a cocoanut and cover it with water for ten minutes; strain it and add more water. This again should be strained through a bag of coarse cheesecloth, and the rich liquor resulting-about a pint-added to the chicken. Cook slowly a few minutes and thicken with two tablespoonfuls of flour mixed smoothly in cold water, one-half teaspoonful sait, and three teaspoonfuls of tumeric powder. Let all cook up with the chicken, then lay it on a platter surrounded by boiled rice and covered partly with gravy.

Chicken Stewed with Dough .- Another method is to mix spices, raisins. salt and butter through some partly boiled rice, and with it dress the chicken, then wrap it in dough rolled pretty thick and boil it in a cloth, not too tight, for half a day.

East Indian Pillau of Fowl.-For this is required one chicken, dressed as for boiling, and three cups of rice. Put the fowl in a stewpan with one and a half pints of broth and some spices tied in a bit of muslin. These spices may consist of two cloves, a wide stick of cinnamon, two dozen cardamons, and one-half teaspoonful each of coriander seed, mace, and allspice-quantity and combination regulated to taste. Cook these with the fowl 20 minutes slowly. Place onequarter of a pound of butter in a frying pan with one sliced onion, one dozen raisins, and some blanched almonds; fry till brown and strain In the butter remaining fry the rice until brown. Strain off the butter, and by degrees add the broth until the rice is tender, then put it with the chicken and cook until it is nearly dry. Remove the spices and serve the fowl smothered in the rice, garnishing with the fried raisins and almonds, and, if liked, some hard boiled eggs and crisp slices of bacon.

TWO RECIPES FOR EGGS.

Beauregard and Japanese Are Both Recommended Dishes.

Beauregard Eggs.-Hard boil five eggs. Remove the shells; separate the whites from the yolks. Put the yolks through a sieve; chop the whites fine or put them through a vegetable Rub a tablespoon of butter and one of flour together; add half a pint of milk and stir until boiling; add half a teaspoonful of salt, a saltspoon of pepper, and the whites of the eggs. Stand this over hot water while you toast five allees of bread. range them neatly on a platter. Pour over the white mixture, dust over this the yolks and a little salt and pepper. Stand a moment at the oven door and after the yelks are warm send to the

Japaness Engs .- Hard boil six eggs and boil carefully one cup of washed rice. When the rice is done drain in a columber and stand in the oven to dry. Remove the shells and cut the eggs into halves crosswise; take out the yolks; rub thin, adding gradually four boncless sardines, half a teaspecuful of salt, a saltspoonful of pepper, and two tablespoonfuls of melted butter or olive oil. Roll the mixture into balls and put into the space from which the yolks are taken. Take off a little of the convex end of the whites so that they will stand. Put the rice in the center of a platter, making it flat, like a little plateau. Stand the eggs down in the rice; pour over them half a pint of cream or tomato sauce and serve.

Glean Tan Shoes.

An excellent way to clean tan or the principle upon which it is mann; yellow shoes is to dip a woolen cloth into a small quantity of benzine or gasoline and rub same on the spots and gradually over the whole surface of the shoe to obtain an equal appearance and gloss. This will make them look like new and the benzine not only removes the spots but keeps the leather soft and pliable.

WALK 2450 MILES

BIGGEST WEST TO EAST WALK EVER ACCOMPLISHED.

Win Fifteen Hundred Dollars,

Over mountains and through snow, through wet, slush and mud, freezing at times, and oppressed by heat at others, William Jackson and R. T. Hay. two sturdy Scotchmen, walked every mile of the way from Scattle to Chicago, just arriving within a few hours of the time limit, thereby winning a purse of Fifteen Hundred Dollars given by the Scattle Athletic Club, for accomplishing this feat within the prescribed time.

Jackson and Hay left Seattle with but Five Dollars in money, were obliged to earn their way as they went and leave no unpaid bills, and complete the journey in ninety days.

An interesting incident in connection with the walk, was that each of the contestants were a pair of the well-known Mayer shoes, that neither ripped nor lost a stitch during the entire trip of 2450 miles-the hardest test any shoes could be put to-speaking volumes for the extraordinary wearing qualities of the shoes manufactured by the F. Mayer Boot & Shoe Co., Mil-

Conquer by Cheerfulness.

It is our duty to preserve cheerfulness. Life has its sunshine and pleasures, its cheerful heights which anyone may climb, if he have but the courage and faith.-Kendrick.

NO SKIN LEFT ON BODY.

For Six Months Baby Was Expected to Die with Eczema-Now Well -Doctor Said to Use Cuticura.

Six months after birth my little girl broke out with eczema and I had two doctors in attendance. There was not a particle of skin left on her body, the blood oozed out just anywhere, and we had to wrap her in silk and carry her on a pillow for ten weeks. She was the most terrible sight I ever saw, and for six months I looked for her to die. I used every known remedy to alleviate her suffering, for it was terrible to witness, Dr. C--- gave her up. Dr. recommended the Cuticura Remedies. She will soon be three years old and has never had a sign of the dread trouble since. We used about eight cakes of Cutleura Soap and three boxes of Cuticura Ointment James J. Smith, Durmid, Va., Oct. 14 and 22, 1906."

Disposing of the Baby.

Little Freddy was the only child in the family. He had no little sisters or brothers to play with him, so when he was told that a baby sister had come, he was very happy. But he soon found that father and mother did not pay so much attention to him as they formerly had, and that baby seemed to be considered of more account than he. This worried Freddy; but he suddenly thought of something which would help him out of his trouble, Some weeks before his father had put "Ashes to Give Away; Ina sign up: quire Within." Freddy remembered that a man had come and taken the ashes away. So he got to work, and one day sucprised his father by displaying another sign, bung in a prominent place: "A Bally to give away INquire of FreDdY."

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

Same Thing.

"Whom did you say she was going to marry

"A Hungarian count." "Oh, I thought you said 'hungry."

never have known there was a razor on my face. The tonsorial artist smiled delight-

"My good man," said the customer

"if you hadn't mentioned it, I should

edly. Here was a good omen indeed.
"Thank you, air," he said.
"No," added the customer, reflectively. "I should have thought you were using a file."

Bits of Wisdom.

A bluff is all right as long as you can keep the lid on-

After coaxing a girl to sing a man is to wish he hadn't.

His saturic majesty is probably ashamed of some of his associates.

In the spring the gardener's tancy

turns to thoughts of green goods.

Don't expect to strike any man favorably if you aim at his pocketbook

The hendache of a woman is natural, but that of a man is usually acquired. When a young man squanders month's salary on an engagement ring -that is love.

The neighbors may know what you have got, but what they don't know is how you got it.

Pointed Paragraphs.

A secret is something that a woman

doesn't know

Bu the trouble-borrowing germ is about the worst. Don't get the habit of going around

with your briaties up.

Men must either boss or be bossedand the latter are married,

If a man has money to burn his friends will gladly furnish the matches. Riches have wings, but crawls under the door and abides with

A \$10 victin in tune turns out better than a \$1,000 plane out of time.

a man justified in telling a few white lies in order to make his wife

Denver Directory



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